



National  
*Recovery Month*  
Prevention Works • Treatment is Effective • People Recover  
SEPTEMBER 2014

**25**  
YEARS

Dear Community Partner,

In celebration of National Recovery Month, Calvert Substance Abuse Services and the Calvert Alliance Against Substance Abuse, Inc. (CAASA) invite you to participate in the *1<sup>st</sup> Annual On Track to Wellness and Recovery* event on Saturday, September 13<sup>th</sup>, 2014 from 9:00am-1:00pm at the Calvert High School track.

This event will showcase Calvert County resources that complement the Substance Abuse and Mental Health Services Administration's (SAMHSA) eight dimensions of wellness:

**Emotional** - Coping effectively with life and creating satisfying relationships

**Environmental** - Good health by occupying environments that support well-being

**Financial** - Satisfaction with current and future financial situations

**Intellectual** - Recognizing creative abilities and finding ways to expand knowledge and skills

**Occupational** - Personal satisfaction and enrichment from one's work

**Physical** - Recognizing the need for physical activity, healthy foods and sleep

**Social** - Developing a sense of connection, belonging, and a well-developed support system

**Spiritual** - Expanding our sense of purpose and meaning in life

**This is a SOLUTION focused event.  
Let's show Calvert County what we have to offer!**

This is a rain or shine event. Please complete and return the attached vendor registration form by Friday, August 15<sup>th</sup>.

For more information, contact Lynn Taylor at 410-535-3079, x36 or [Patrica.Taylor@Maryland.gov](mailto:Patrica.Taylor@Maryland.gov).

We look forward to seeing you,

Journey to Wellness & Recovery Planning Committee

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